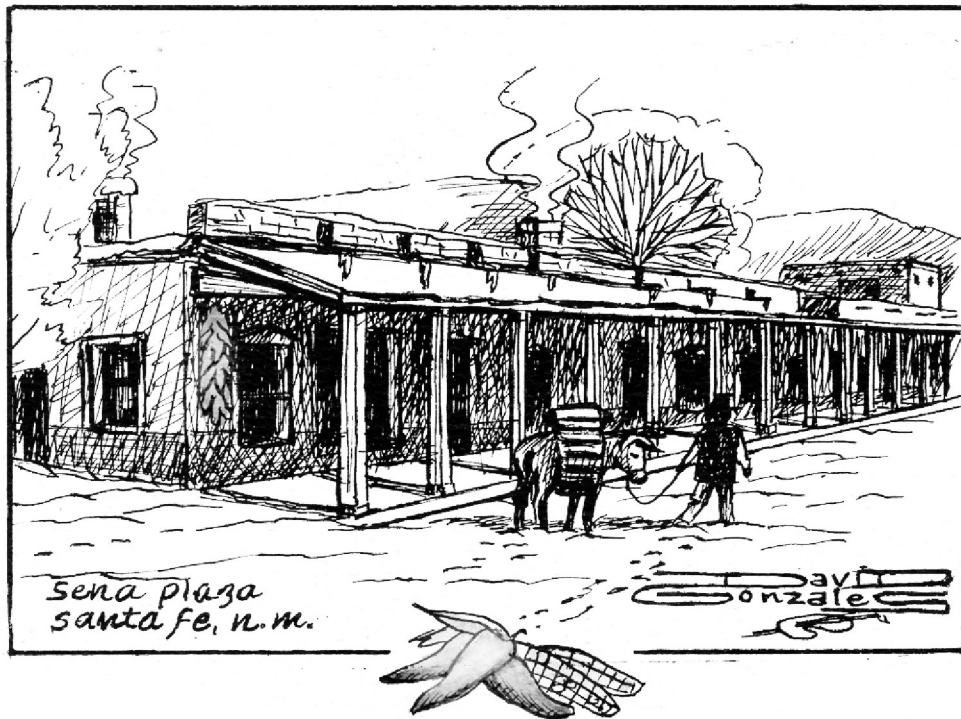


February 2004

# *The Senior Scene Vistas De Los Mayores*

City of Santa Fe  
Division of Senior Services



a complimentary monthly publication

**CITY OF SANTA FE**  
**DIVISION OF SENIOR SERVICES**  
**Administration Office**  
**1121 Alto Street, Santa Fe, New Mexico**  
**Rita B. Maes, Director**

**Administration**

Rita B. Maes, Division Director	955-4799
Patricia Rodriguez, Deputy Director	955-4740
Vacant, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Gladys Stewart, Reception	955-4735

**Nutrition**

Ron Vialpando, Program Manager	955-4710
Lugi Gonzales	955-4711
Yvette Sweeney, Administrative Assistant	955-4739
Vacant, Cook Supervisor	955-4749
Carlos Sandoval, Inventory Supervisor	955-4750
Enrique DeLora, Inventory Technician	955-4750

**Meals On Wheels Kitchen**

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

**Senior Center Programming**

Lupita Martinez, Center Prog. Admin.	955-4725
Rose Slade, Program Coordinator	955-4755
Christine Sanchez-Warren, Prog. Coordinator	955-4715

**Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744
Linda Quesada, Section Clerk Typist	955-4733

**Retired Senior Volunteer Program (RSVP)**

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743

**In Home Support Services, Respite Care**  
**Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

**Senior Olympics/Physical Fitness**

Patricia Rodriguez, Deputy Director	955-4740
Ron Pacheco, Safe Kids/Safe Seniors	955-4754

**Senior Registration**

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

**Transportation**

Danny Allen, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4700
Cristina Villa, Transp. Admin. Secretary	955-4756

**Miscellaneous**

Lobby Area Phone	955-4735
Craft Room	955-4736
Pool Room	955-4737
Board Room	955-4757
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794

**Newsletter Production**

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist

**CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.**

<b>CHIMAYO</b>	<b>351-4686</b>
Benny Chavez Community Center	
Chimayo, New Mexico 87522	
<b>EDGEWOOD</b>	<b>281-2515</b>
114 Quail Trail	
Edgewood, New Mexico 87015	
<b>EL RANCHO</b>	<b>455-2195</b>
Community Center	
P.O. Box 3860	
Santa Fe, New Mexico 87501	
<b>ELDORADO</b>	<b>No Phone</b>
1 Hacienda Loop	
Santa Fe, New Mexico 87505	
<b>LUISA</b>	<b>955-4717</b>
1522 Luisa St. (enter from Columbia St.)	
Santa Fe, New Mexico 87501	
<b>MARY ESTHER GONZALES</b>	<b>955-4721</b>
1121 Alto St. Santa Fe, New Mexico 87501	

<b>PASATIEMPO (Rose Slade, Coordinator)</b>	<b>955-4755</b>
Kitchen	<b>955-6433</b>
664 Alta Vista St.	
Santa Fe, New Mexico 87501	
<b>RIO EN MEDIO</b>	<b>988-3053</b>
Community Center	
El Alto Lane	
Rio en Medio, NM 87506	
<b>SANTA CRUZ</b>	<b>753-8598</b>
Abedon Lopez Community Center	
Santa Cruz, New Mexico 87567	
<b>VENTANA DE VIDA (Pacheco)</b>	<b>955-6731</b>
1500 Pacheco St.	
Santa Fe, NM 87505	
<b>VILLA CONSUELO</b>	<b>474-5431</b>
1200 Camino Consuelo	
Santa Fe, New Mexico 87505	

# DIRECTOR'S REPORT

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Dear Seniors,

Thank you for your participation at Senior Day at the Legislature on January 26, 2004. Approximately 700 seniors descended on the Capital that day to visit their legislators and lobby for senior programs.

The Aging and Long Term Services Department submitted a budget request of eight million dollars representing senior programs statewide. Included in our priority list for capital outlay is sufficient funding for the completion of the Southside Senior Center and a new over the road bus.

As previously reported to you, the 14,000 square foot Southside Senior Center will be located adjacent to the state of the art Genoveva Chavez Community Center and will serve as a respite day center and nutrition site. This facility will also house the in-home support staff, and Senior Companion, Foster Grandparent and Retired and Senior Volunteer Programs. The cost of this facility is approximately 2.4 million dollars and is outlined in the City Managers five-year plan on Capital Improvements as follows:

· NM General Obligation Bonds	\$200,000.00	FY 04-05
· City Capital Improvement Bonds	\$200,000.00	FY 05-06

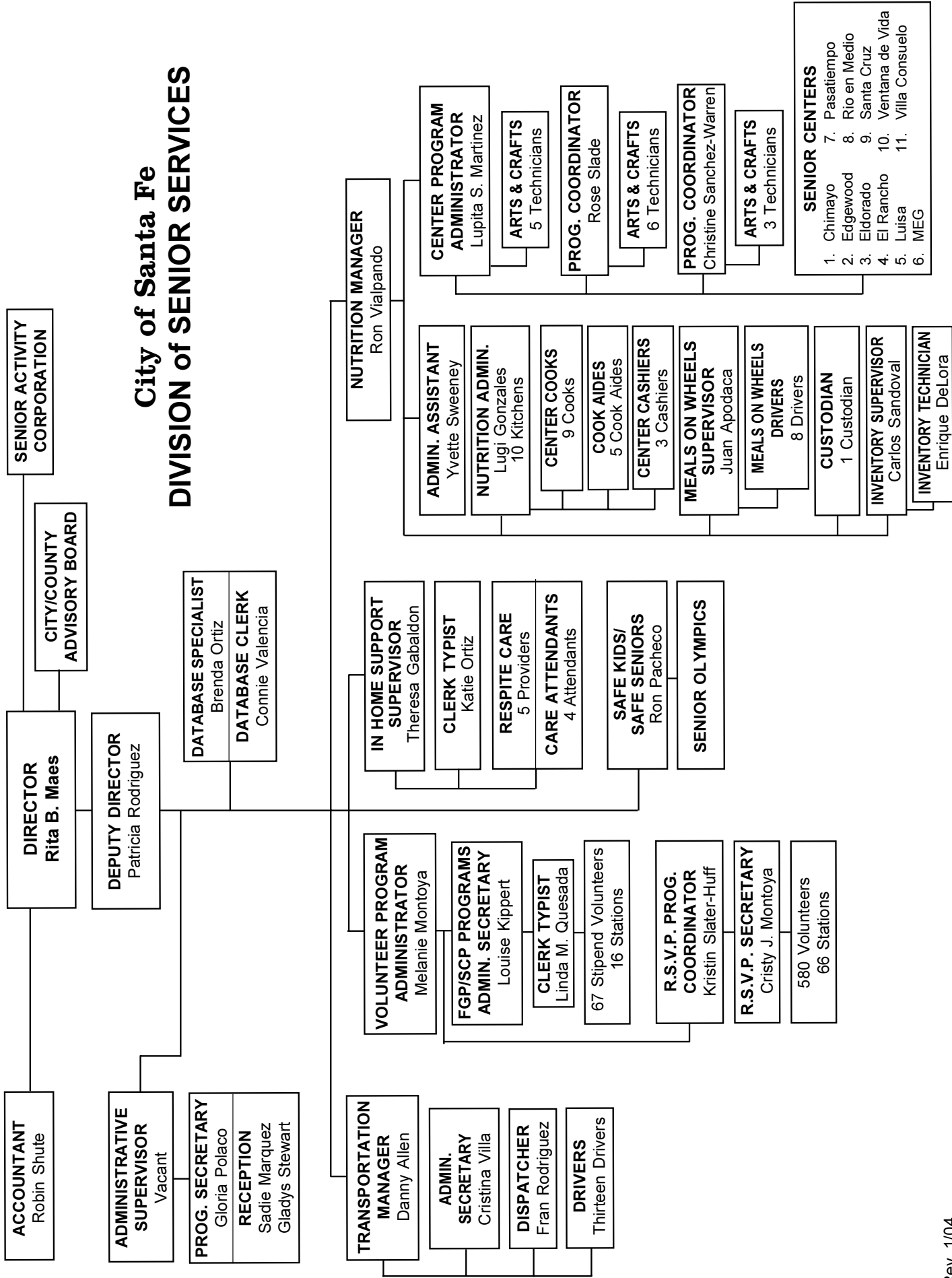
Additionally, we are in dire need of replacing our 38-passenger bus with a new over the road bus with expanded seating capacity, a lavatory and other amenities that our older bus does not have.

Other Capital Improvement requests as previously reported to you include El Dorado, Edgewood, Pasatiempo and El Rancho Senior Centers. Our Board of Directors are supporting this request and speaking to our legislators for their support.

Your presence at the Legislature is greatly appreciated and truly makes an impact on our decision-makers. Thank you for your support.



A handwritten signature in black ink, appearing to read "J. R. ...".



# NEWS & VIEWS

## She will be Missed...

Senior Companion Margie Corriz passed away on December 18, 2003. She helped the frail, homebound seniors as well as the lonely residents at Casa Rael. She will be truly missed by many.

## Donate Magazines

Hacienda de Salud Nursing & Rehabilitation Center in Espanola needs all sorts of magazines for its 100+ residents to read. Do you have any magazines that are in relatively good condition, that you feel might be appropriate to share with the residents? If so, please bring them to Kristin at the M.E.G. Center at 1121 Alto Street.

## Free Benefits Counseling

Counselors are trained volunteers who can help determine whether individual seniors are receiving all of the benefits that they have earned. This program also provides older New Mexicans, and people with disabilities and their families with accurate, unbiased information about health care coverage options, including Medicare, Medicaid and Medigap Insurance, as well as Managed Care (HMO), prescription drug coverage and more. It is funded by the New Mexico Aging and Long-Term Care Department and does not sell, endorse or recommend any specific insurance or health plan.

For more information or to schedule a free consultation with Doug Peterson any Wednesday morning, please call Gloria at 955-4721.

## Actors' Scene Study Workshop

This workshop, sponsored by Seniors Reaching Out, is for adults age 50+. The focus is on scene study and preparation for performances. Classes meet every Wednesday in February from 10:00 a.m. to noon at Open Hands, 2976 Rodeo Park Drive East. The cost is \$50 per person. For more info, call Suzanne at 428-2352 or Carol at 438-2697.



## Property Tax Programs

Representatives from the office of Santa Fe County Assessor Benito Martinez will present information on the following three programs. They will also be available to assist seniors in filling out the necessary forms to enroll in the programs.

Low Income Senior Abatement- For qualifying low-income property owners 65 and over, the Santa Fe County Assessor's office can arrange to effectively freeze the value of the property for tax purposes.

State of New Mexico Rebate Program- Supplemental forms are available to submit with your State Income Taxes regarding rebates and credits that seniors may be eligible for.

Disabled Veterans' Exemption- There is a program in place which allows those veterans who are 100% disabled to receive a 100% exemption on their property taxes.

Come learn more on Thursday, February 19<sup>th</sup> at 11:00 at the M.E.G. Senior Center.

## Accept Me

(By Larry Henoge, submitted by senior Flora Leyba)

I am I. Do not change me, condemn me,  
nor put me down.

No...you do not need to agree with me  
But accept me.

For I am total in being.

I have my fault, I have my guilts

But that is who I am.

Perfect I will never be.

Allow me to be uninhibited.

Do not pressure me into feeling  
what I do not feel.

Accept me when I am feeling high as  
I have accepted you when you were feeling  
high. Do not put me down nor make me  
feel unhappy about me.

I am I. And I like being what I am-me.

# NEWS & VIEWS continued

## **Alzheimer's Association, Someone to Stand by You**

Alzheimer's disease is on the rise as our population ages and diagnostic procedures become more accurate. The New Mexico Alzheimer's Association Chapter is challenged to keep pace with the increased demand for programs and services for the 32,000 New Mexicans with Alzheimer's disease and their families.

The Alzheimer's Association's services are offered confidentially and free of charge. They are greatly in need of financial support to provide respite services for caregivers, informational materials, support groups for those in the early stages of the disease and their families, educational programs for caregivers and professionals, information through their state-wide toll-free helpline, and scholarship support for registration in the Safe Return Program.

For information on how you can help, please call their office in Albuquerque at (505) 266-4473, or for assistance from the New Mexico Chapter, call toll-free (800) 777-8155.



## **Ventana de Vida Toastmasters Club**

The mission of the Ventana de Vida Toastmaster's Club is to provide a mutually supportive and positive learning environment in

which seniors have the opportunity to develop effective oral communication and leadership skills. This, in turn, fosters self-confidence and personal growth.

Ventana de Vida Toastmasters Club helps senior men and women learn the arts of speaking, listening and thinking. All of these vital skills provide self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind.

Ventana de Vida Toastmasters Club meets at 1500 Pacheco Street, in the dining room, every Friday at 4:00 p.m. Guests are always welcome. For more information, call Thelma at 989-1263.

## **Gallon Jugs Needed**

A staff member at the City's Water Division is working on a water conservation project with school students. As part of the lesson, she needs empty plastic gallon-size jugs clean and with lids. If you have jugs to donate, please bring them to the Mary Esther Gonzales Senior Center at 1121 Alto Street any time up until Monday, February 16<sup>th</sup>. Thank you for helping teach water conservation.

## **Support Group Meetings**

### **Alzheimer's Disease and Related Disorders Association-**

Third Thursday/month 6:00 p.m. at Sierra Vista Retirement, 402 Rodeo Road. For information, call 986-9696.



**Caregivers' Support Group-** First Wednesday/month 10:30 to 11:30 a.m. at 2006 Botolph Rd, second floor, suite A. Sponsored by Heritage Home Healthcare. For information, call 983-6700.

**Lupus Support Group-** First Wednesday/month 12:00 to 1:00 p.m. at 2006 Botolph Rd, second floor, suite A. Sponsored by Heritage Home Healthcare. For information, call 983-6700.

**Parenting Grandparents Support Group-** Every Thursday 4:30pm at Catholic Charities at 4985 Airport Road. For information, call 424-9789.

**Peer Support for Blind and Visually Impaired-** Second Thursday/month 10:00 to 11:00 a.m. at Pasatiempo Senior Center, 664 Alta Vista St. For Information, call Elaine Garcia at 827-4479.

**Santa Fe County Diabetes Support Group-** Fourth Wednesday, every odd month 10:00 a.m. to noon at the County Extension Building 3229 Rodeo Road. For information, call 471-4711.



# NEWS & VIEWS continued

## Free Weatherization Services

(From the *Albuquerque Journal*)



Non-profit weatherization and remodeling programs do more than help heat low-income family homes; they also help ward off serious illness, according to the New Mexico Department of Health.

The regional weatherization programs are partially funded by the state and provide such services as sealing windows and doors, insulating crawl spaces and attics, servicing and repairing furnaces, and installing additional heating units and/or woodstoves.

Most of these services are free of charge for families as long as their income does not exceed 150% of the established poverty guidelines, with some exceptions. Some families may be able to secure low-interest or no-interest loans for remodeling.

For more information, call toll-free (888) 303-7743.

## Attention: Medicaid Recipients

The Division of Senior Services is now certified to receive Medicaid reimbursements for medically-related transportation services. If you currently receive Medicaid benefits and you use Senior Services Transportation for rides to doctor's appointments or pharmacy business, etc., Senior Services can receive reimbursement for those rides.

Help Senior Services help you by bringing this earned money into our program.

Please contact Cristina Villa, DSS Transportation Administrative Secretary at 955-4756.

## Need Help with Heating Costs?

Call the N.M. Aging and Long-Term Care Department (formerly the State Agency on Aging) at 1 (800) 432-2080 to find out about LIHEAP, the Low Income Heat and Energy Assistance Program.



## Join the Music

"For heights and depths no words can reach... Music is the soul's own speech."

Do you play a musical instrument? Do you like to sing?

Join other seniors for "Sounds of the Past" sing-along group, playing and singing old favorites in English.

Mondays 11:30 – 1:00 at the Pasatiempo Senior Center

Thursdays 11:30 – 1:00 at the M.E.G. Senior Center



## SENIOR TRANSPORTATION INFORMATION

**Cost:** Seniors age 60 or over .25¢ suggested donation per one way trip  
Under 60, but ADA \$2.00 required per one way trip

**Scheduling:** Call for an appointment 24 hours in advance, before 3:00 p.m.  
Rides are available 8:00 a.m. to 2:30 p.m. on Tuesdays  
8:00 a.m. to 4:30 p.m. Mon, Wed, Thurs and Friday.

**Call:** Fran Rodriguez, Transportation  
Dispatcher at 955-4700

**Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.**

## Timeline for Medicare Changes

(From the *AARP Bulletin* January 2004)

**2004-2005:** Drug discount card available from June 2004 through 2005. Card includes \$600-a-year credit for eligible low-income enrollees.

**January 2005:** Medicare Part B annual deductible increases from \$100 to \$110, and rises yearly afterward.

**November 15, 2005- May 15, 2006:** First enrollment period to sign up for prescription drug benefit or Medicare Advantage plan.

**January 2006:** New drug benefit and Medicare Advantage plan go into operation.

**January 2007:** Higher income beneficiaries begin paying more for Medicare Part B premiums.

## Photography Contest

The U.S. Department of Health and Human Services, Administration on Aging (AoA) is pleased to introduce the 2004 Older Americans Month National Photography Contest. The purpose of the contest is to enhance the image of older Americans to all generations through pictures.

AoA is the focal point and advocacy agency for older Americans and their concerns. AoA carries out its leadership and grant programs in collaboration with a National Network that includes 56 State Units on Aging, 655 Area Agencies on Aging, 244 Tribal organizations, 29,000 local community service organizations, 500,000 volunteers, and a wide range of National organizations.

### Contest Rules

- This contest is open to non-professional photographers, age 60 and over representing a senior center.
- To enter the contest, the following must be included: entry form, and model release form (both available at the front desk of the Mary Esther Gonzales Senior Center), a photograph with the specifications listed below, a narrative by the photographer that describes in 150 words or less, how the photo expresses the 2004 Older Americans Month Theme "Aging Well, Living Well."
- The photo subject should include at least one older person or groups of older people reflecting the theme of Older Americans Month 2004. Intergenerational photos are allowed and encouraged.
- Photos may be in black and white or color and must be 5 x 7 or, if using a digital camera, include a print of the photo and a copy of the digital file on disk (floppy, Zip or CD). No other photo format will be allowed.
- Images made from negatives MUST include the original negative.
- All photos, negatives and disks become the property of AoA and may appear on any of AoA or their partners' exhibits or printed materials.
- By entering a photograph in AoA's photography contest, each contestant agrees to assign all copyright, trademark, and all other intellectual property rights in their winning photograph to the U.S. Administration on Aging.
- Entries must be submitted to Rita B. Maes at the Mary Esther Gonzales Senior Center at 1121 Alto Street, Santa Fe, **no later than Wednesday, February 11, 2004**, and the contestant must fill out a form at the center. Winners will be notified by March 31<sup>st</sup>.
- The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners will receive an award and a trip to Washington, DC for the awards ceremony to be held in May 2004.

## The Ubiquitous Cell Phone

(By Edgewood senior Simon Arzigian)

The first telephone my family had was in the late 1930's. It was a two piece instrument which required both hands to hold. There was the ear piece connected by a cord to the base which contained a mouthpiece and a rotary dial. We had a four digit phone number.

To make a long distance call you dialed "0" and a human operator made the connection for you. This same operator was the one you dialed to answer any other questions or problems you had regarding your telephone service. There was but one company involved with your phone service. It goes without saying that the telephone was hard wired, and had no other capability or purpose than to make or receive phone calls.

Fast forward to the 21<sup>st</sup> century, with phones and phone service evolving at breakneck speed with the continued development of the wireless cell phone. Also, there is the proliferation of phone companies, each one promoting a multitude of plans from which to choose. The cell phone can be held in one hand, although some models have built-in voice dialing and speaker phone capability requiring no hands.

Some recent advertisements revealed a large variety of new cell phones. No longer is the phone just something you use to call someone. For instance, some phones may be used to access the internet for e-mail, music and messaging capability. Others have game pads, touch screen display and many other traits.

The latest version to emerge is the camera phone. To paraphrase one advertisement, the camera phone allows you to snap a picture, pop it into an e-mail or upload it to the web, in less than a minute. No wires or computer hookups are necessary. This capability is why these phones are being banned from some health clubs and other locations, because of privacy concerns. Some jurisdictions ban the use of cell phones while driving. There are other places, such as churches and theaters, where cell phones are not welcome.

We have barely scratched the surface regarding cell phones. What used to be the only reason for a phone, namely to talk to someone, has been largely overtaken by functions that used to be the domain of the computer at home or the office. However, it cannot be denied that the cell phone provides a great deal of security, and traveling without one is not recommended.

The phone should be used without annoying or endangering others. Sometimes, in a public place, with a person talking into their cell phone loudly in my presence, I am tempted to respond to what they are saying. So far, I have refrained from doing so.

# NEWS & VIEWS continued

## ECHO Commodities Food Distribution Dates for 2004

**At the County Extension Building, 3229 Rodeo Rd.  
Third Tuesday of every month  
9:30 a.m. - 1:30 p.m.**



January 20 <sup>th</sup>	July 20 <sup>th</sup>
February 17 <sup>th</sup>	August 17 <sup>th</sup>
March 16 <sup>th</sup>	September 21 <sup>st</sup>
April 20 <sup>th</sup>	October 19 <sup>th</sup>
May 18 <sup>th</sup>	November 16 <sup>th</sup>
June 15 <sup>th</sup>	December 21 <sup>st</sup>

### Eligibility Guidelines for Seniors:

- Must be age 60 or over and income eligible
- Must bring proof of age and address
- Must bring Social Security award letter for the year 2004
- Must bring any other income proof
- Must re-register every year
- Might be put on a waiting list

### Income limits for Senior Citizens (before taxes):

1 person in household	\$973.00 per month
2 people in household	\$1313.00 per month
3 people in household	\$1654.00 per month

For information for seniors, call 955-4760 or 1-242-6777.

Also available for parents with children age 6 and under (not on WIC). For information for parents, call 1-242-6777.

## USDA Commodity Distribution Update

The USDA Commodities that used to be distributed through the Division of Senior Services will now be distributed at the following location **only**:

**Bienvenidos Outreach Inc. 1219 Luisa St.**

**On the first Wednesday of every month 1:00 – 3:00 p.m.**

For seniors age 55 and up. The income guidelines are the same as Senior Services used to follow. Please bring your Senior ID card and proof of income. For more info, call them at 986-0583. (Salvation Army Corps will not receive USDA commodities to distribute. They will continue to provide emergency assistance for homeless and otherwise very needy people, but not for those who used to get the USDA.)

## Widowed Person's Service (WPS) Gatherings

This group of men and women meets on the second Monday of every month. Sunday, February 8<sup>th</sup>, they will meet at the College of Santa Fe at 12:30 and have lunch in the dining room there for \$5.25. Then, the group will go either to the College's Gallery, or to the Museum of International Folk Art (which is free for locals on Sundays). These events are open to anyone who has lost a spouse. If you would like to attend, call Virginia Pickard at 983-6250.

## WPS Grief and Loss Program

Volunteers in this group, survivors of grief and loss themselves, talk with at least 5 or 6 bereaved individuals a month to provide counsel and support. If you would like free one-on-one bereavement counseling, call Jean Chambers at 983-7492.

## The Tao of Aging: Becoming Whole in Life's Second Half

Co-sponsored by the NM Aging and Long-Term Care Dept.

With David Chernikoff, M.Div., M.S.W. and Drew Leder, M.D., Ph.D.

Aging is not for sissies: it is filled with losses and challenges. Yet these can form our pathway to great spiritual fulfillment if we know how to dance with the changes. In this workshop we will explore lessons from Eastern and Western sacred traditions on how to become whole in life's second half. As the body ages, the soul sages; the result can be joy and equanimity.

Participants will use individual and interactive exercises in a supportive learning environment that includes journaling, storytelling, guided meditation, partner and small group sharing. This weekend is a wonderful opportunity to make new like-minded friends and to learn and practice contemplative and transformational skills.

Friday, February 13<sup>th</sup>, 7:00 – 9:00 p.m.

Saturday, February 14<sup>th</sup>, 9:00 a.m. – 3:00 p.m.

\$60 for Friday and Saturday, including lunch (\$15 for Friday only)

For more information or to register, call Phoebe Girard at 988-5556.

# NEWS & VIEWS continued

## ♥ **BIG BAND** ♥ **VALENTINE SWING DANCE**



**Sunday, February 8  
Courtyard Marriott  
3347 Cerrillos Rd  
3 to 6 pm**

**LIVE MUSIC for LISTENING  
and DANCING by.....**

**The Los Alamos  
Big Band**

**Tickets \$12.50**

**Open Bar                      Hors d'oeuvres**

**Capital City Chapter 381 *AARP***

**Tickets from Chapter members or  
call 471-4540 or 986-0736**

### **Villa Therese Clinic**

Villa Therese Clinic at 219 Cathedral Place, has many services for income-qualified seniors. They offer foot care for just \$5.00 and eye exams for \$10.00. Call them for details or for an appointment: 983-8561.

### **Low-Cost Medication Information for Caregivers**

The City of Santa Fe, Division of Senior Services and Friends in Deed Peer Support and Guidance present a caregiver support group, free of charge. Juanita Thorne-Connerty, Program Manager for the Prescription Drug Outreach Program at the New Mexico Aging and Long-Term Care Department, will provide information about free or low-cost medication.

This group offers education and emotional support to adults who are dealing with the stress associated when providing specialized care for homebound individuals with unique needs. This is a supportive atmosphere in which caregivers can comfort each other, share experiences, and relax.

Financial aid is available to hire a relief caregiver during your attendance.

Luisa Senior Center 1522 Luisa St. (enter on Columbia) Thursday, February 26<sup>th</sup> from 1:00 to 1:30 p.m. For reservations, please call Theresa at 955-4745.

### **Employment Opportunity for Seniors**

A small local business is seeking seniors to provide **parking attendance** and **light security** in parking lots in Santa Fe. The pay will be \$9 to \$11 an hour. If you are interested, please call Michael Trujillo at 995-8679.

The City of Santa Fe's Division of Senior Services, Nutrition Section, is seeking seniors to fill several positions.

Two **Meals on Wheels Drivers** are needed to package the food at the Mary Esther Gonzales Senior Center at 1121 Alto Street, and then deliver to 45-50 clients' homes.

A **Cook Aide** is needed at the Ventana de Vida Senior Center at 1500 Pacheco Street to assist the cook and act as substitute cashier.

These are Title V positions, so employees must be age 55 or over and must meet Federal Income guidelines. All positions are 20 hours a week.

To learn more, call Ron Vialpando, Senior Services Program Manager, at 955-4710.

## **FREE TAX AIDE**

**A joint service provided by the  
Division of Senior Services & AARP**



Trained volunteers will complete your Tax Year 2003  
Income Tax return, free of charge.

Appointments are not necessary, but people will be asked to sign in  
and will be helped in that order, with the exception that seniors (those  
over 60) will be given preference over non-seniors.

*At the Genoveva Chavez Community Center  
3221 Rodeo Road in Santa Fe*

*Mondays through Fridays 9:00 a.m. to 2:00 p.m.*

*Saturdays 9:00 a.m. to 12:00 p.m.*

*February 2<sup>nd</sup> through April 15<sup>th</sup>*

If you have your tax returns from Tax Year 2002, please bring them  
with you to speed up the process.

Most seniors are eligible for rebates,  
even if they did not receive any income in 2003.

**Please come find out what rebates you are eligible for.**

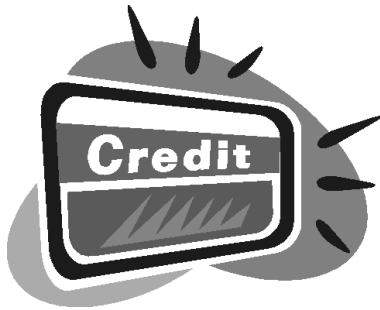
If you have questions, please call Gloria at 955-4721

# LEGAL & CONSUMER INFORMATION

## Landmark Law to Curb Identity Theft Passes

(From the office of Tom Udall,  
U.S. Congressional Representative)

Identity theft is the fastest growing crime in the U.S. The Federal Trade Commission (FTC) found that complaints of identity theft increased 87 percent between 2001 and 2002, and over 161,000 complaints were received by the agency last year. The U.S. Secret Service has estimated that consumers nationwide lose \$745 million to identity theft each year.



### Summary of the Fair and Accurate Credit Transactions Act of 2003

- Provides consumers with a free credit report every year from each of the three national credit bureaus, from a single centralized source;
- Allows consumers to place fraud alerts in their credit reports to prevent identity thieves from opening accounts in their name, including special provisions to protect active duty military personnel;
- Prohibits merchants from printing more than the last five digits of a payment card on an electronic receipt;
- Requires banks to develop policies and procedures to identify potential instances of identity theft;
- Allows consumers to block information from being given to a credit bureau and from being reported by a credit bureau if such information results from identity theft;
- Requires creditors to take certain precautions before extending credit to consumers who have placed fraud alerts in their files;
- Provides consumers with broad new medical privacy rights;
- Ensures customers are notified if merchants are going to report negative information to the credit bureaus about them; and
- Requires lenders to disclose their contact information on credit reports.

## Put Your Money Where Your Home Is!

(From the Santa Fe Independent Business and Community Alliance)



Shopping locally works for all of us. The Santa Fe Independent Business and Community Alliance is a non-profit coalition of locally owned independent businesses, religious and charitable organizations, and individual community members. They are dedicated to using the market place to respond to the needs of our local community rather than strengthening the interests of multi-national corporations. They are part of a growing national movement called the American Independent Business Alliance whose main purpose is to “keep money local.”

When local business owners purchase their services and supplies locally, there are economic benefits that affect all of us.

- More local residents are hired as managers and employees. (Chain stores actually take money away from Santa Fe due to lost jobs. For every 2 jobs created by chain stores 3 are lost as local businesses close).
- Local professional services such as accounting, banking, printing, health care, and legal services stay in Santa Fe. (Most of the chain store revenues are sent out of town to corporate offices to obtain those same services.)
- New and better jobs are created at all levels of the economy due to the increase in money recycled locally.
- Each time residents spend the additional money that is created it gets taxed. The additional taxes add dramatically to Santa Fe’s revenue base and increase our city’s ability to provide more services and a better quality of life in the community.

For more information, call them at 989-5362

# LEGAL & CONSUMER INFORMATION

## When You Need a Nursing Home...

(From the New Mexico Attorney General's Office)

If you are considering a nursing home, plan and investigate facilities before committing. These are some questions to help guide you in making a decision.

### Credentials:

Does the home have a current state license?

Does the administrator have a current license?

Is the home certified for Medicare and Medicaid programs?



### Residents:

Do residents seem well cared for and generally content?

Are most residents out of their beds, dressed, and, when possible, occupied?

Are residents allowed to wear their own clothes and have some of their own furniture?

Is a statement of patients' right posted?

Is special care provided for Alzheimer's disease patients?

### Facility:

Is the atmosphere warm and pleasant?

Is the home accessible to family and friends?

Do rooms provide privacy?

Is there an activity room?

Is the home clean, orderly, and reasonably free of odors?

Are toilet and bathing facilities adequate and accessible for disabled persons?

Are grab bars, handrails and emergency call buttons located in rooms and halls?

Does the building have smoke detectors, sprinkler systems and emergency lighting?

Does the home have a security system to prevent confused residents from wandering out of the building?

### Staff:

What is the staff-to-patient ratio?

Do employees show respect to residents?

Are enough nurses and aides on duty at all hours, including weekends?

Is the home sensitive to cultural and minority differences?

What is the average length of time staff have worked in the home?

### Meals:

Is a weekly menu available?

Are the dining room and kitchen clean?

Are meals, nutritious, appetizing and tasty? (Eat one)

Does the staff assist residents who can't feed themselves?

Can arrangements be made for a resident's special food preferences?

### General:

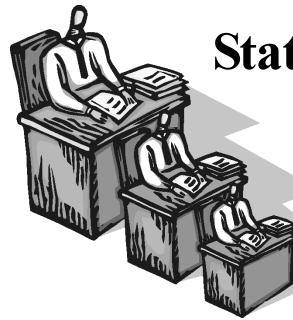
How do monthly costs compare with the cost of other homes?

Are financial and other policies specified in a contract?

Do residents' assets remain in his or her control or that of the family?

Do you feel that this facility provides the best care for its residents?

Are special diets available for health needs, religious or ethnic preferences?



## State Advocacy Group of Executives (SAGE)

The AARP SAGE group prepared itself well for the current Legislative session. At newsletter press time, topics expected to be dealt with include state funding issues, electronic voting, and identity theft.

AARP has stated where it stands on some issues. AARP supports having a paper backup to prevent electronic voting fraud. The SAGE Consumer Team, in conjunction with the US Postal Service and the New Mexico Attorney General's Office, organized a press conference to be held at the Capitol Rotunda, focusing on identity theft. The SAGE Team is working on a brochure examining identity theft, which will be mailed out to New Mexico households to educate the community.

For more information, call Waldo Anton or Clarice Getz at 471-4540

# RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS

*The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.*



Do you live closer to our northern centers than to Santa Fe? **Hacienda de Salud/Espanola Nursing & Rehab** needs more volunteers to visit with residents. They are a cozy, homey nursing home tucked off a main road in Espanola, and the staff truly cares about the residents. They need more people who can spend a few hours a week visiting with residents and making the activities programs run more smoothly for residents. If you have even a little time, the Activity Director would like to speak to you. Call RSVP and we can arrange it.



The **Santa Fe Chapter of AARP** is a very busy group of concerned citizens who make New Mexico a better place for seniors to live. If you are willing to serve on any of their committees (like Leadership Development, New MexiKids Medicaid Registration, Legislation, Widowed Person's Service, Telephone Committee or Community Coordinators) they would be willing to train you. So few people cannot continue to carry the load for so many.

The wonderful librarian at the **Acequia Madre Elementary School Library** needs you! She is seeking a couple of volunteers (who enjoy being around children) to help out in their small library. The two main jobs are weeding out the very tattered or out-of-date books to make room for new ones, and also labeling the binding of each book with a sticker saying what sort of book it is. She would, of course, show you specifically what needs to happen. She needs help when she is there: Mondays, Wednesdays and Fridays, any time between 7:30 a.m. and 3:00 p.m.

The **Museums of New Mexico** are full of exciting, culturally rich volunteer possibilities. The Visitor's Center at Museum Hill seeks people to volunteer shifts in a booth, giving out information to locals and tourists alike. This is a job where you are sitting (it is wheelchair accessible), sometimes you will be flooded with people and other times, you will have a few minutes to yourself. The Museum gift shops often need volunteers to sell, display, and share information about beautiful merchandise. If you are interested in the Museums or any one in particular, let's see what volunteer job we can locate for you.

The **Council on International Relations** is a fascinating group of individuals seeking to promote care and learning between the cultures of the world. They are always happy to welcome newcomers to enjoy their meetings and help further their mission. Currently, they are also seeking volunteer help: they need a few extra pairs of hands to help with their copious mailings. Want to meet like-minded folks while you do some easy work? Let us introduce you to them.

The staff at **St. Vincent Hospital** is always busy and often overwhelmed, and certainly grateful for the volunteer support they receive. The hospital auxiliary is made up of hundreds of volunteers. You can join them and assist with admitting, coffee cart, the waiting rooms, the information desk, the gifts shop, or any of a number of different tasks. Be a part of that huge force!

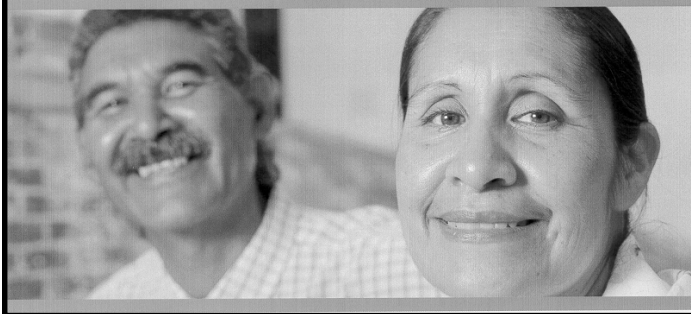
# RSVP continued

## Here's a staggering fact for you to ponder:

In the year 2003, some 540 RSVP members volunteered a total of 150,512 hours to make Santa Fe County a better place!  
Give yourselves a pat on the back.

Invite a un amigo.

Comparta su espíritu de voluntario.



### Ask a Friend.

#### Share Your Volunteer Spirit.

Help your community by taking part in the Ask a Friend Campaign, and effort to find 100,000 new volunteers age 55 and over across America. Harness your power and that of your friends to help those in need within your community. Making a difference begins in your own backyard and ends with a corps of volunteers that will empower the entire nation. There is strength in numbers.

### Volunteer.

#### Then ask a friend.

#### Here's how

##### Step One: **Volunteer!**

Join the Retired and Senior Volunteer Program to find just the right volunteer opportunity for you. Call us today at (505) 955-4760.

##### Step Two: **Ask a friend!**

Share your volunteer spirit with others. Let your friends know that they can either volunteer with you or find a unique opportunity that allows them to apply their own skills and interests.



The Volunteer Programs wish a very happy birthday to our RSVP, SCP and FGP volunteers born in the month of

## February

Melvin Lewis	2/1	Krista Peters	2/15
Henry E. Gonzales	2/2	Jean Martorano	2/16
Cathy M. Lomax	2/3	Ruth M. Dever	2/17
Marie R. Scarlott	2/3	Margaret Gallagher	2/17
Patricia A. Moeller	2/4	Joan B. Harvey	2/19
Eutilia M. Alarid	2/5	Henry Aranda	2/20
Leonora Feitelson	2/5	Mabel Meyer	2/20
Gabriel R. Gallegos	2/8	Ross M. Quintana	2/22
Charles F. Knapp	2/8	Connie R. Kinsey	2/23
Jennie Vaughn	2/8	Helen Montoya	2/23
Josie Vigil	2/8	Carol Kurth	2/24
Eva Bylin	2/9	Socorro Anchondo	2/25
Ana Maria Martinez	2/11	Doris Jean Armstrong	2/25
Lugardita Gomez	2/12	Edwin Mayerson	2/25
Leland B. Meyer	2/12	Dorothy E. Shiro	2/25
Pauline Vigil	2/12	Sadie Medina	2/26
Orlando Watson	2/12	Delia Trujillo	2/26
Ross Martinez	2/13	Leroy "Ben" Benavidez	2/28
Rose Schafer	2/13		

**Have a  
Great Day!**

# ACTIVITIES

## **Bingo Schedule:**

**Monday -** Ventana de Vida  
Senior Center,  
1500 Pacheco St.,  
1:15 p.m.

**M.E.G. Senior Center,**  
1121 Alto Street,  
1:00 p.m.

**Tuesday -** Villa Consuelo Senior  
Center, 1200 Camino  
Consuelo, 11:00 a.m.

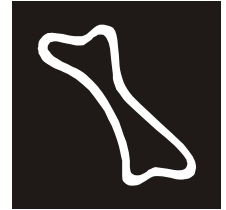
**Wednesday -** M.E.G. Senior  
Center, 1121 Alto  
Street, 1:00 p.m.

**Thursday -** Villa Consuelo Senior  
Center, 1200 Camino  
Consuelo, 11:00 a.m.

**Friday -** Luisa Senior Center,  
Off Columbia Street,  
1:00 p.m.

## **Arthritis Self-Management Six-Week Course**

Do you experience  
pain related to your  
arthritis condition?  
Are you discouraged or  
depleted by arthritis?



Get the knowledge, confidence  
and skills you need to take a more  
active part in your condition, and  
hopefully feel better.

Topics will include basic medical  
facts, pain management, exercise and  
body mechanics, energy conservation,  
stressmanagement and medications &  
treatments.

Fridays at 1:00 p.m. at the M.E.G.  
Senior Center, 1121 Alto St. Starting  
January 30.

Course fee is \$25 for all six weeks.  
Some scholarships are available.

Pre-registration is necessary and  
you must fill out an application.

You may register with Gloria at the  
M.E.G. Center.

For information, call Phoebe Girard  
at 988-5556.

Class size is limited, so register soon.

## **New Ceramics Class**

El Rancho Senior Center  
Mondays at 12:30,  
starting Feb. 2  
Instructor: Grace Valdez

## **Beginning Spanish Class**

Ventana de Vida  
Senior Center  
Wednesdays at 1:00,  
starting Feb. 4  
Instructor: Daniel Gurule

# ACTIVITIES

## Valentine's Dance



Thursday, February 12 1:00 ~ 4:00 pm

Fraternal Order of Eagles Club

833 Early Street

\$2.00 Admission

Music by Los Coronados

Bring your Senior ID card

The Sweetheart's Dance is sponsored by

Toni Atencio & associates



Possible September

## Travel Committee Trips

Branson, MI (5 day trip): \$1,100\*

Hawaii (14 day trip): \$1,900\*

\* Approximate trip length & price  
If interested in either trip, call:

Virginia Lucero at 983-8853, or  
Gloria Polaco at 955-4721

## Pasatiempo Senior Center

Events in February

Feb. 11: Bake Sale  
Starting at 9:00 a.m.

Feb. 13: Valentine Party  
From noon to 2:00 p.m.

Dancing and music  
by Phil Trujillo

Feb. 24: Mardi Gras  
Fat Tuesday Party  
From noon to 2:00 p.m.

Dancing and music  
by Phil Trujillo



## NEW LINE DANCING CLASS

The Pasatiempo Senior Center  
will now have two separate classes  
for line dancing.

Beginners' Class Tuesdays  
12:30 – 1:30

Advanced Class Tuesdays  
1:30 – 3:00

Instructor: Judi Beare

# ACTIVITIES schedule by center

All activities are free of charge and open to anyone 60 years and over with a senior membership card.  
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Movie Day Ceramics Shopping/Errands	<b>CHIMAYO</b> Monday Tuesday 4 <sup>th</sup> Tues. of Month Wednesday Thursday	12:30 pm 12:30 pm 12:00 pm 12:30 pm 12:00 pm	Coffee Social Guitar (beginner) Exercise Yoga Inter. Spanish Adv. Spanish Beg. Line Dancing Adv. Line Dancing Wood/Straw Sing-A-Long (Span.) Sewing Tai Chi Sounds of the Past (English)	<b>PASATIEMPO</b> Mon. thru Fri. Monday Mon./Wed./Fri. Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Monday	8:00 am 9:00 am 10:00 am 8:30 am 9:00 am 1:00 pm 12:30 pm 1:30 pm 9:30 am 11:30 am 1:00 pm 9:00 am 11:30 am
Board Games Ping-Pong Ceramics (beg.) Ceramics Leatherwork Quilting Sing-A-Long Art Technique	<b>EDGEWOOD</b> Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 1:00 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm	Liquid Embroidery Ceramics Bingo	<b>RIO EN MEDIO</b> Wednesday Wednesday Wednesday	10:00 am 10:00 am 12:30 pm
Bingo Ceramics Liquid Embroidery Weaving Open Arts & Crafts Shopping/Errands	<b>EL RANCHO</b> Mon./Wed. Monday Tuesday Wednesday Wednesday Thursday	12:00 pm 12:30 pm 12:00 pm 9:00 am 12:00 pm 12:00 pm	Weaving Ceramics Open Crafts Wood/Straw Shopping/Errands	<b>SANTA CRUZ</b> Monday Monday Tues./Fri. Tuesday Thursday	9am/12:30pm 12:30 pm 9:00 am 12:30 pm 12:00 pm
Coffee Social Pool/Cards Liquid Embroidery Sing-A-Long Guitar Lessons Quilting Walking Bingo Movie Day	<b>LUISA</b> Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Thursday Friday Friday 3 <sup>rd</sup> Wed. of Month	8:00 am 8:00 am 9:00 am 11:45 am 9:00 am 9:00 am 8:30 am 1:00 pm 1:00 pm	Bd. Games/Cards Coffee Social Bingo Art Technique Beginning Spanish Crochet Quilting Toastmasters Movie	<b>VENTANA DE VIDA</b> Daily Mon. thru Fri. Monday Tuesday Wednesday Thursday Friday Friday Every Other Sat.	10:00 am 10:00 am 1:15 pm 1:15 pm 1:00 pm 1:15 pm 1:15 pm 4:00 pm 2:00 pm
Exercise Pool/Cards Bingo Clay Building Ceramics Quilting Wood/Straw Sounds of the Past (English) Sing-A-Long	<b>M.E.G.</b> Mon. thru Fri. Mon. thru Fri. Mon./Wed. Tuesday Wed./Fri. Thursday Thursday Friday	7:30 am 8:00 am 1:00 pm 9:30 am 9:30 am 1:00 am 9:30 pm 11:30 am 11:30 am	Coffee Social Ceramics Open Crafts Movie Day Clay Bingo Wood/Straw	<b>VILLA CONSUELO</b> Mon. thru Fri. Mon./Wed./Fri. Mon./Wed./Fri. 2nd Friday Mon./Wed. Tues./Thur. Wednesday	8:00 am 9:30 am 9:00 am 1:30 pm 9:00 am 11:00 am 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4725.

# ACTIVITIES schedule by class

All activities are free of charge and open to anyone 60 years and over with a senior membership card.  
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

## ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Thursday

## BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Mon./Wed./Fri.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:15 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.

## BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

## CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
El Rancho	12:30 pm	Monday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed./Fri.
M.E.G.	9:30 am	Wed./Fri.

## CLAY

Villa Consuelo	9:00 am	Mon./Wed.
M.E.G.	9:30 am	Tuesday

## COFFEE SOCIAL

Luisa	8:00 am	Mon. thru Fri.
Pasatiempo	8:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

## CROCHET/EMBROIDERY

El Rancho (Liquid)	12:00 pm	Tuesday
Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday
Ventana de Vida (Crochet)	1:00 pm	Thursday

## EXERCISE

Luisa (Walking)	8:30 am	Friday
M.E.G. (Open)	7:30 am	Mon. thru Fri.
Pasatiempo (Class)	10:00 am	Mon./Wed./Fri.

## GUITAR (Beginner)

Pasatiempo	9:00 am	Monday
Luisa	9:00 am	Wednesday

## LINE DANCING

Pasatiempo (Beg.)	12:30 pm	Tuesday
Pasatiempo (Adv.)	1:30 pm	Tuesday

## LEATHERWORK

Edgewood	1:00 pm	Wednesday
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## MOVIE DAY

Chimayo	12:00 pm	4 <sup>th</sup> Tuesday
Luisa	1:00 pm	3 <sup>rd</sup> Wednesday
Ventana de Vida	2:00 pm	Every Other Sat.
Villa Consuelo	1:30 pm	2 <sup>nd</sup> Friday

## OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Wednesday
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri.

## PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
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## POOL/CARDS/BRIDGE

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.
Pasatiempo (Bridge)	12:30 pm	Friday

## QUILTING/SEWING

Edgewood	1:00 pm	Wednesday
Luisa	9am/1pm	Thursday
Pasatiempo	1:00 pm	Wednesday
Ventana de Vida	1:00 pm	Friday
M.E.G.	11:30 am	Thursday

## SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:00 am	Tues./Fri.
Pasatiempo (Spanish)	11:30 am	Wednesday
Pasatiempo (English)	11:30 am	Monday
M.E.G. (Spanish)	11:30 am	Friday
M.E.G. (English)	11:30 am	Thursday

## SPANISH (Conversational)

Pasatiempo	9am/1pm	Tuesday
Ventana (Beginning)	1:00 pm	Wednesday

## TAI CHI

Pasatiempo	9:00 am	Thursday
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## TOASTMASTERS

Ventana de Vida	4:00 pm	Friday
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## WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Monday

## WOOD CARVING/STRAW APPLIQUE

Chimayo	9:00 am	Monday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday
M.E.G.	9:30 pm	Thursday

## YOGA

Pasatiempo	8:30 am	Tuesday
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# SENIOR OLYMPICS corner

## By Senior Bill Greaves

A gentle snow is falling peacefully on the south side of Santa Fe as I write this article. Political struggles and bitter half-truths, hurled at adversaries by both parties, seem far away, at least for this tranquil moment.

I want to take a few minutes of your time to report what I believe to be positive developments in the world of Senior Olympics.



## Cooperation and a Spirit of Harmony between Santa Fe Senior Olympians and the New Mexico State Board of Senior Olympics

In our January SFSOAC meeting, Cici Acosta, the Chairman of the N.M. State Board, was our special guest. We were impressed with her positive attitude about what is happening in Senior Olympics. She wants to have at least one person from our fair city to be on the State Board. She felt encouraged by our hosting a "Senior Trek to Healthy Fitness" again this year. Last year, we had over 150 attendees, so she is expecting similar results at this April's Trek at the Chavez Center.

Our committee members enjoyed the open and honest dialogue with Ms. Acosta and felt she really listened to our ideas. We felt that, in light of our suggestions, some changes will be implemented in the National Games.

Near the meeting's end, we had a surprise visit from Ernesto Ramos, the man who was quite instrumental in bringing Santa Fe into Senior Olympics. Mr. Ramos is a former member of the National Senior Olympic Board, and has seen both high and low points in the history of Senior Olympics. He believes that the most meaningful level of the organization is the local level. This is where the seniors interact, make new friends, and look after the needs of one another. Therefore, our main emphasis should be on the local scene.

## New Sports-They are A'Comin'

At the April Senior Trek workshop the planners are hoping to have new sports introduced by recognized experts who are of National Gold Medal quality. Water aerobics, power lifting, spinning and weight lifting are some possibilities. Please suggest any new activities you would like to explore.

At last year's workshop, Ron Pacheco estimated that people from outside of Santa Fe outnumbered the locals. This year, we anticipate an even more successful workshop with more participants and a wider variety of athletic events with more health education.



## Santa Fe to Host State Men's Basketball in June

Several State Games already have their dates set. On June 25<sup>th</sup> and 26<sup>th</sup> Santa Fe will be the site of the Men's New Mexico State Basketball Games. This will give our players the luxury of home court advantage. Women's State Basketball will be in Belen on March 26<sup>th</sup>. Women's State Softball will take place in Albuquerque on April 18<sup>th</sup>. State Games in Volleyball for both men and women will be in Las Cruces sometime in June.

The idea behind spreading the games out is to provide cities throughout the state the opportunity to showcase games. It will also relieve the burden placed on Las Cruces in August. One advantage to athletes is that conflicts in schedule (e.g. having two of your events scheduled for the same time) would be reduced.

Wow! I'm running out of space. Got to run. Keep practicing and keep your enthusiasm up! Last word:

"Cheerfulness keeps up a kind of daylight in the mind and fills it with a steady and perpetual serenity." -Joseph Addison

# SENIOR CENTERS MEMBERSHIP INFORMATION

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## Do you have a white Senior Center Membership ID Card?

All senior citizens who make use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode on it.

The barcode enables us to scan the card when we provide meals, transportation, activities, or commodities so that we can record units of service provided. The more units of service we can document, the more funding we receive to continue and expand our services to the senior population. So, it is very important to our programs for each senior to have a card and to bring it every time they use any Senior Services program.

If you do not have a card, please come get one. The card costs \$2 (\$1 for a reprint, if you lose yours or the information needs to be updated). The white cards NEVER EXPIRE!

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### THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR FEBRUARY 2004:

<b>M.E.G. Center</b>	Tuesdays	Feb. 3, 10 & 24 (not 17)	<b>9:30 to 12:00 &amp; 1:30 to 3:00</b>
<b>M.E.G. Center</b>	Thursdays	Feb. 5, 12, 19 & 26	<b>9:30 to 12:00 &amp; 1:30 to 3:00</b>
<b>Santa Cruz Center</b>	Wednesday	Feb. 11	<b>11:00 to 1:00</b>
<b>ECHO Commodity Distribution</b>	Tuesday	Feb. 17	<b>8:30 to 11:30</b>

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## HEALTH

### BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

*All tests are free of charge and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.*

Tests this month will be conducted on the following dates:

<b>M.E.G. Center</b> - First & Second Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and/or Joan Sudborough, RN, BSN)	<b>Feb. 3 &amp; 10</b>	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and/or Joan Sudborough, RN, BSN)	<b>Feb. 5</b>	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and/or Joan Sudborough, RN, BSN)	<b>Feb. 12</b>	10:00 a.m. to 11:00 a.m.
<b>Pasatiempo Center</b> - Third Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and/or Joan Sudborough, RN, BSN)	<b>Feb. 17</b>	11:00 a.m. to 12:00 noon
<b>Ventana de Vida Center</b> - *Third Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and/or Joan Sudborough, RN, BSN)	<b>Feb. 19</b>	11:00 a.m. to 12:00 noon
<b>Edgewood Center</b> - Every Thurs. (Tests conducted by Valerie Dorcy, RN)	<b>Feb. 5, 12, 19, 26</b>	1:00 p.m. to 3:00 p.m.
<b>El Rancho Center</b> - Second Mon. (Tests conducted by Jerry Davis, RN)	<b>Feb. 9</b>	10:00 a.m. to 12:00 noon
<b>Santa Cruz Center</b> - Third Wed. (Tests conducted by Frances Vigil, RN)	<b>Feb. 18</b>	11:00 a.m. to 1:00 p.m.

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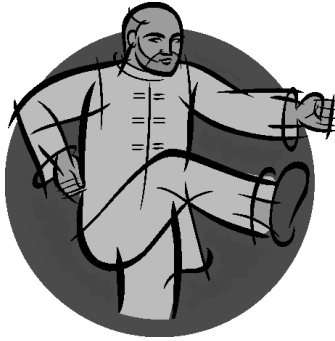
# HEALTH

Senior Fitness

## Exercise Promotes Brain Power among Older Adults

By James M. Evans

DEAR JIM: I've been reading your column for a long time, and I know that exercise promotes many physical benefits, but are there any mental or psychological benefits from



exercise? I've noticed that whenever I visit my mother at her residential care center those residents who are more active seem to be more lucid in their conversations and more "normal." CURIOUS IN MINNEAPOLIS

DEAR CURIOUS: Your observations were correct, and this is all the more reason why older adults should exercise regularly. Aside from the fact that exercise helps to combat depression – a common occurrence among seniors – it also appears to have a positive effect on the overall brain function of older adults.

In two separate studies introduced at the North American Society for Psychology and Physical Activity Conference in Hunt Valley, Maryland, researchers found that seniors who were more physically active were less easily distracted than their less active counterparts and experienced a greater ability to focus. The first study involved 106 adults with an average age of 80, and the second study involved a group of 36 adults 66-89 years of ages. Both studies reinforced many previous studies that showed similar results.

Seniors should realize the strong connection between a healthy mind and a healthy body. Physical exercise can improve the quality of life for older adults both mentally and physically, and it is never too late to start. Exercise doesn't have to be a competitive undertaking – it just needs to be consistent. The old adage of "use it or lose it" still applies.

Jim Evans is a 36-year veteran of the fitness industry and a nationally-recognized consultant on fitness for seniors.

**FREE HEARING TEST  
SANTA CRUZ SENIOR CENTER  
MONDAY, FEBRUARY 9 10:30 AM**

## Triglycerides: Why are they Important?

(Asked by a senior, answered by the nurses at Heritage Home Health Care)

A fatty acid compound, triglycerides make up most of the animal and vegetable fats, and are the principal lipids (fats) in the blood. They circulate bound to a protein in the blood, and they form high and low density lipo-proteins.



Triglycerides, which contain no water, have the highest caloric content of all nutrients, and are an efficient form of energy storage.

The total amount and proportion of triglycerides, are important in the diagnosis and treatment of many diseases, including diabetes, hypertension, and heart disease. The total amount of triglycerides should not exceed 200-300 mg/dl. They are important in the metabolism of cholesterol.



## Kitchen Creations

*Learning to prepare foods the healthy way for people with diabetes.*

- Feb. 5: The Food Guide Pyramid and the 50/50 Plate
- Feb. 12: Desserts and Carbohydrates
- Feb. 19: Vegetables, Grains and Beans
- Feb. 26: Heart Healthy Cooking

Sponsored by the Santa Fe County Extension Service at the Santa Cruz Senior Center.

Every Thursday in February 12:30 – 3:30 p.m.

Participants must attend all four classes, and will receive a free information & recipe booklet.

For more information, contact Rose Slade at 955-4755 or Imelda Garcia at 471-4711

## Oh, My Aching Head- Part II

(By Chris Ott, in the magazine Natural Health, July/August 1999)

To say that you have a headache is a bit of an oversimplification. According to the National Headache Foundation, based in Chicago, there are more than 20 different kinds of headaches, each with its own symptoms.



Before resorting to over-the-counter pain relievers, try these natural remedies for headache pain.

### Drink Up

Drink at least 64 ounces of water a day. Fereydoon Batmanghelidj, M.D. author of *Your Body's Many Cries for Water*, says dehydration is a common cause of headaches because the brain needs water to function properly. When the supply of water in your body starts to drop, blood vessels in the brain open up in order to increase circulation. "They have to swell, and that is what causes the pain" he explains, adding that drinking a glass of water with medication may do at least as much good as the medication itself, to ease the pain.

Early signs that you are dehydrated and that a headache may be imminent are a feeling of heaviness in the head and a flushed, warm face. To prevent a full-blown headache, drink 16 ounces of water immediately.

### Think Green

The scent of green apples can also reduce headache pain, according to a study by Alan R. Hirsch, M.D. neurological director of the Chicago-based Smell and Taste Treatment and Research Foundation. You can try this remedy, Hirsch says, by simply eating an apple (a Granny Smith will do), which puts the delicate scent of an apple right under your nose. Don't peel it or slice it, just bite right into it.

Why green apples? No substance has been identified that explains this pain-relieving effect, and Hirsch says that the simplest answer may be that the smell just puts you in a better mood. He is currently testing other scents and says "We may be looking at a more generalized thing. It could be that any odor you like will work."

## Supplement

Dietary and herbal supplements such as feverfew, magnesium and ginger can help treat headache symptoms.

Feverfew is an effective remedy, particularly for the notoriously hard-to-treat migraine headache. As soon as you feel a migraine coming on, take 30 drops of feverfew extract every 15 minutes for one hour, or continue until the pain has subsided. You may find that you need as few as two or three doses before the headache is gone.

Migraine sufferers often have magnesium deficiencies, which can be corrected with supplements of 200 to 400 mg daily.

Ginger may help to prevent or treat headaches that are symptoms of digestive problems. Robert Milne, M.D. a headache expert who runs an integrative medicine clinic in Las Vegas and author of the *Alternative Medicine Definitive Guide to Headaches* says digestive problems are a common cause of headache pain. Take 1 or 2 ginger capsules (for a total of 500 mg) before meals to head off potentially headache-causing digestive trouble.

### Heads or Tails?

While these remedies may provide immediate relief, in order to cure and prevent headaches, you need to find and correct the root problem.



"Headaches don't just happen" says Milne. All headaches, he says, are symptoms of problems in other parts of the body, ranging from bad posture to eyestrain to more serious ailments like kidney disease and digestive problems. The first step is to keep a detailed headache diary to record things like the location where the pain occurs, whether it was preceded by digestive or other problems, and the time of day that the symptoms occur. This information can help you identify and eliminate headache triggers. This is also helpful information to bring to your doctor, should these natural remedies prove unsuccessful for you.

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NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_

Best Time to Call: \_\_\_\_\_ Home Bound? \_\_\_\_\_ Yes \_\_\_\_\_ No

Prescriptions

Dosage (in ml. or mg.)


# PUZZLES

## CROSSWORD 85

### ACROSS

1. Fishing pole
4. One of the five W's
8. Firm hold
12. Mimic
13. Brave person
14. Speed competition
15. Small rug
16. Annoy
17. "Little —," Alcott novel
18. The magic word
20. Emulate Betsy Ross
21. Tear (apart)
22. One who squeals on others
26. Laughter syllable
28. Deserve, as a salary
30. Tortoise's fabled opponent
31. Furnish with weapons
33. Stiff
35. Gaming cube
36. Not imaginary
38. Planet most like Earth
40. Raised railway
41. Baseball club's boss
43. Knock sharply
45. Paving goo

46. Male parent
49. Bee product
52. Baby's mealtime neck-napkin
53. Actress Gardner
54. Colored eye-part
55. Opposite of push
56. Moral transgression
57. Monetary obligation
58. Unoccupied
59. Large deer

### DOWN

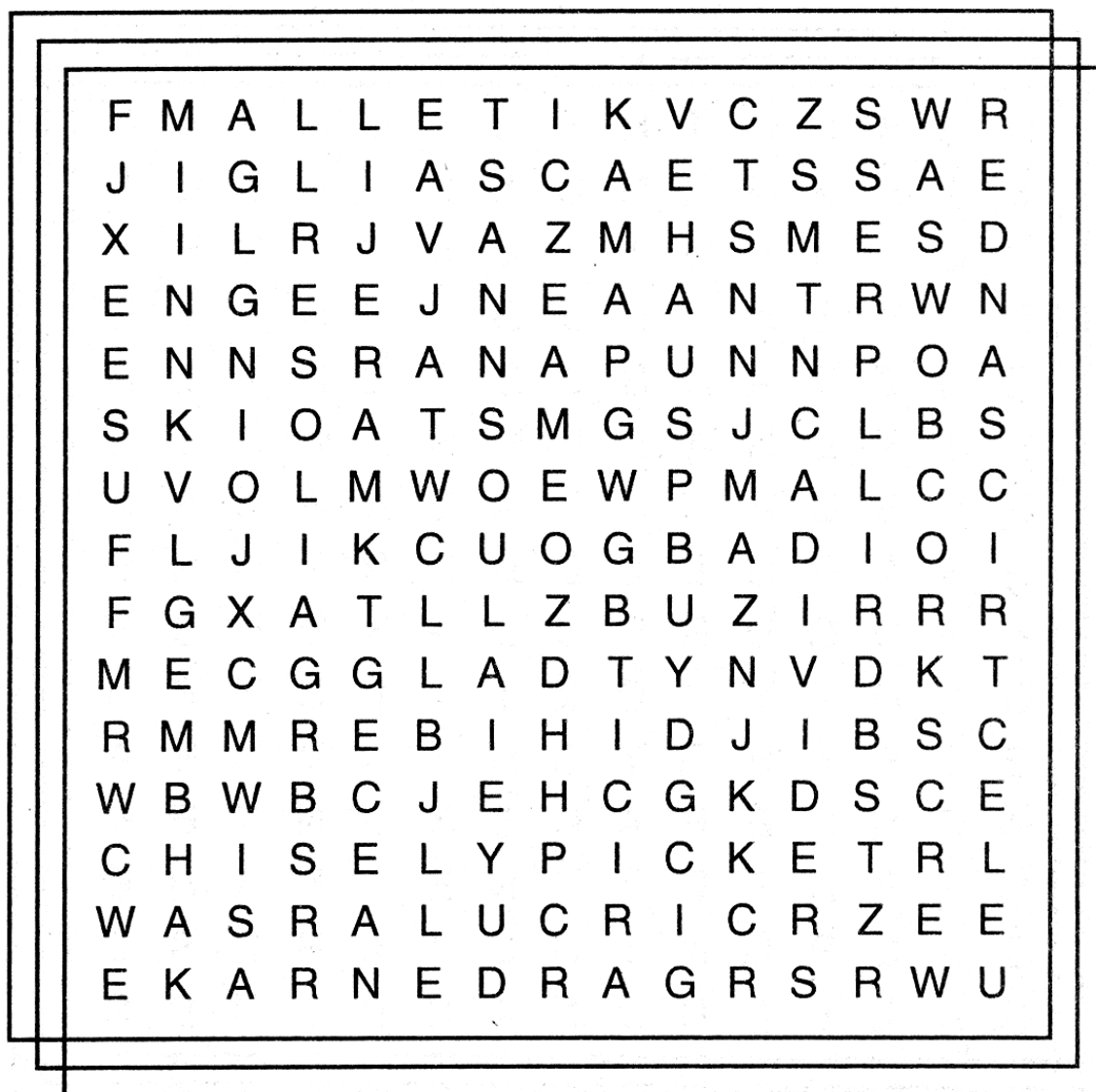
1. Stuntman's launch-pad
2. Milky stone
3. Discourage forcefully
4. Speak in an undertone

5. "Present!"
6. Noah's vessel
7. From me — you
8. Physical development
9. Ewe's mate
10. Frozen water
11. Writing tool
17. Moist
19. Goal
20. Glossy fabric
22. Golfer Woods
23. Boy
24. New York canal
25. Component of a 1-Across
26. Damage
27. Region
29. Nile, for one
32. Adult 23-Down
34. Strong and lasting
37. Least punctual
39. Took a chair
42. Lighthearted
44. Developmental stage
46. — in, be a substitute
47. Wicked
48. Military standing
49. Concealed
50. Crude metal
51. 11-Down point
52. Partly opened flower
55. 22  
7

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57					58				59			

# PUZZLES continued

## TOOLS OF THE TRADE



W-0195

ANVIL  
BELLOWS  
BOW SAW  
CEMENT MIXER  
CHALKLINE  
CHISEL  
CIRCULAR SAW  
CLAMP

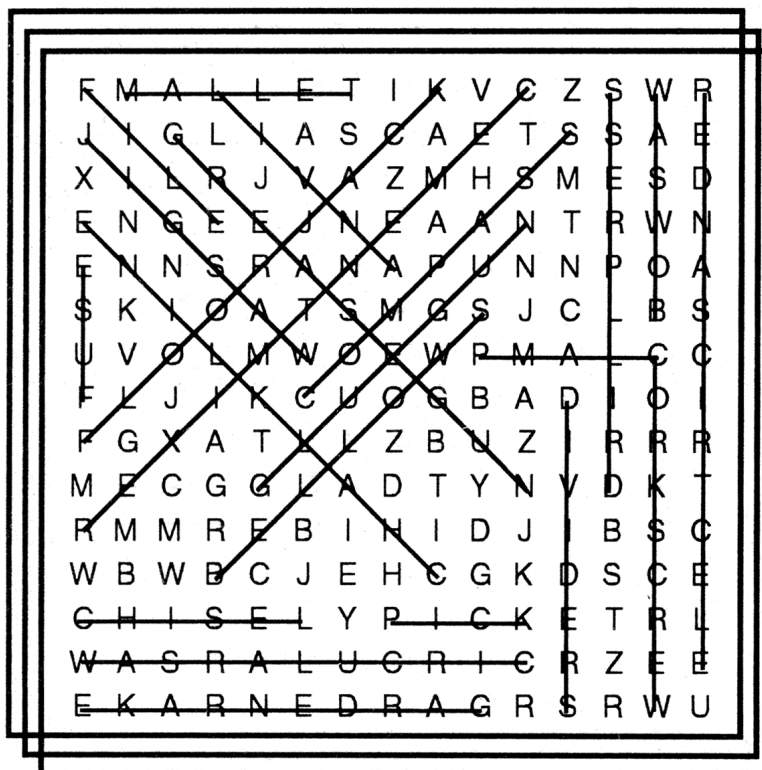
COMPASS  
CORKSCREW  
DIVIDERS  
DRILLPRESS  
ELECTRIC SANDER  
FILE  
FLOORJACK

FUSE  
GARDEN RAKE  
GLUEGUN  
GREASEGUN  
JIGSAW  
MALLET  
PICK

# PUZZLE answers

## CROSSWORD 85

R	O	D		W	H	A	T		G	R	I	P
A	P	E		H	E	R	O		R	A	C	E
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D	E	B	T		I	D	L	E		E	L	K



# SENIOR CENTER LUNCH MENU

February 2004

<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<b>2</b> PORK CHOPS GARLIC NOODLES MIXED VEGGIES APPLE SAUCE BISCUITS MILK	<b>3</b> BEEF PATTIES BROWN GRAVY NEW POTATOES CARROTS PLUMS ROLL MILK	<b>4</b> CHICKEN STIR FRY RICE ORIENTAL VEGGIES EGG ROLL ORANGE MILK	<b>5</b> FRITO PIE CHEESE / ONION BEANS CORN PINEAPPLE CRACKERS MILK	<b>6</b> TAMALE RED CHILE SAUCE SPANISH RICE SPANISH SLAW PEACHES TORTILLA MILK
<b>9</b> SPAGHETTI WITH MEAT SAUCE CUCUMBER SALAD GREEN BEANS APRICOTS TOAST MILK	<b>10</b> GREEN CHILE STEW WITH FRESH POTATOES COLE SLAW FRUIT JUICE TORTILLA MILK	<b>11</b> MEAT LOAF WITH CREOLE SAUCE RICE PEAS FRUIT CUP ROLL MILK	<b>12</b> CHICKEN QUARTER GARLIC NOODLES ITALIAN VEGGIES PEACHES ROLL MILK	<b>13</b> BEEF TIPS OVER RICE CORN / SQUASH PINEAPPLE WITH COTTAGE CHEESE ROLL MILK
<b>16</b> POLISH SAUSAGE SAUERKRAUT BOILED POTATOES CARROTS PUDDING ROLL MILK	<b>17</b> SWEDISH MEATBALL CREAM SAUCE CALIF. VEGGIES EGG NOODLES PLUMS ROLL MILK	<b>18</b> COW PUNCHER BEANS WITH GREEN CHILE MIXED VEGETABLES JELLO WITH FRUIT CORN BREAD MILK	<b>19</b> CHICKEN BREAST MARINARA SAUCE EGG NOODLES TOSSED SALAD ORANGE ROLL MILK	<b>20</b> CORN DOGS PORK 'N' BEANS COLE SLAW CAKE MILK
<b>23</b> HAM SWEET POTATOES BROCCOLI APPLE CRISP ROLL MILK	<b>24</b> GREEN CHILE CHICKEN ENCHILADA PINTO BEANS SPANISH SLAW FRESH FRUIT TORTILLA MILK	<b>25</b> <u><b>ASH WEDNESDAY</b></u> FISH SCALLOPED POTATOES CALIF. VEGGIES COOKIES ROLL / MILK	<b>26</b> BEAN AND BEEF BURRITO RED CHILE SAUCE PEAS 'N' CARROTS SPANISH RICE PEARS MILK	<b>27</b> TUNA CASSEROLE WITH NOODLES BROCCOLI PEACHES ROLL MILK

Please note: At MEG Center only, on any given day, you may choose soup and salad rather than the hot meal listed above.